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Claims

We claim:

*Sud  
PJD2  
3* 1. A method of treating, reducing, or attenuating obesity in an individual comprising the administration of therapeutically effective amounts of calcium to an individual and inducing a metabolic change in said individual.

1 D.P. 2. The method of claim 1, wherein said metabolic change is decreasing intracellular  
2 calcium concentrations ( $[Ca^{2+}]_i$ ), stimulating lipolysis, inhibiting lipogenesis, increasing the  
3 expression of white adipose tissue uncoupling protein 2 (UCP2), reducing serum insulin  
4 levels, thermogenesis, or decreasing the levels of calcitrophic hormones.

1 3. The method of claim 1, wherein said metabolic change is weight loss.

1 D.P. 2 4. The method of claim 1, wherein said individual is maintained on a restricted  
caloric diet.

1 D.P. 2 5. The method of claim 1, wherein said calcium is contained in dairy products, a  
dietary supplement, foodstuffs supplemented with calcium, or other foods high in calcium.

1 D.P. 2 6. The method of claim 5, wherein said calcium is contained in salmon, beans, tofu,  
spinach, turnip greens, kale, broccoli, waffles, pancakes, pizza, milk, yogurt, cheeses, cottage  
3 cheese, ice cream, frozen yogurt, nutrient supplements, calcium fortified vitamin  
4 supplements, or liquids supplemented with calcium.

1 D.P. 2 7. A method of attenuating weight gain and adiposity in children, reducing the risk  
of adiposity in children, or controlling weight gain in children comprising the administration  
3 of therapeutically effective amounts of calcium.

1 D.P 8. The method of claim 7, wherein said individual is maintained on a restricted  
2 caloric diet.

1 D.P 9. The method of claim 7, wherein said calcium is contained in dairy products, a  
2 dietary supplement, foodstuffs supplemented with calcium, or other foods high in calcium.

1 D.P 10. The method of claim 9, wherein said calcium is contained in salmon, beans, tofu,  
2 spinach, turnip greens, kale, broccoli, waffles, pancakes, pizza, milk, yogurt, cheeses, cottage  
3 cheese, ice cream, frozen yogurt, vitamin supplements, or liquids supplemented with  
4 calcium.

11. A method of diagnosis and treatment of obesity comprising the following steps:  
a. determining the weight and, optionally, the height of an individual;  
b. comparing the weight, or optionally the weight/height ratio, of the individual to established norms; *W<sub>1</sub>, 1st q enablement or scope?*  
c. optionally, classifying the obesity of the individual;  
d. optionally providing the individual with information relating to the benefits of maintaining a normal weight, or a normal weight/height ratio; and  
e. providing the individual with a dietary plan containing high levels of calcium and, optionally printed matter disclosing the obesity-control benefits of a high calcium diet.  
*Check out site on the scale vs the norms*

12. The method of claim 11, further comprising providing said individual with food products containing therapeutically effective amounts of calcium.

13. A computer implemented method of diagnosing, treating, and/or monitoring obesity comprising the following steps:

- 3        a. determining the weight and, optionally, the height of an individual and  
4              inputting these values into a computer system;
- 5        b. optionally calculating the weight/height ratio of the individual;
- 6        c. comparing the weight, or optionally the weight/height ratio, of the individual  
7              to established norms contained in a weight and/or weight/height database  
8              available to the computer;
- 9        d. optionally classifying the obesity of the individual;
- 10      e. optionally providing the individual with information relating to the benefits  
11              maintaining a normal weight, or optionally a normal weight/height ratio; and
- 12      f. providing the individual a dietary plan containing high levels of calcium and,  
13              optionally printed matter, disclosing the obesity-control benefits of a high  
14              calcium diet.
- 15      g. optionally monitoring the progress of the individual.

1              14. The method of claim 13, further comprising providing said individual with  
2              dietary products containing therapeutically effective amounts of calcium.

1              15. A computer implemented methods of diagnosing, treating, and/or monitoring  
2              obesity over a communication network comprising the following steps:

- 3        a. obtaining weight and, optionally, height data from an individual by input of  
4              the data on a web page;
- 5        b. optionally calculating the weight/height ratio of the individual in a computer  
6              connected to the Internet;
- 7        c. comparing the weight, or optionally the weight/height ratio, of the individual  
8              to established norms contained in a weight and/or weight/height database  
9              available to said computer;
- 10      d. optionally classifying the obesity of the individual;
- 11      e. optionally providing the individual with information relating to the benefits  
12              maintaining a normal weight, or optionally a normal weight/height ratio; and

13           f. providing the individual a dietary plan containing high levels of calcium and,  
14           optionally, information regarding the obesity control benefits of a high  
15           calcium diet.

1           16. The method of claim 15, further comprising providing said individual with  
2           dietary products containing therapeutically effective amounts of calcium.

1           17. The method of claim 15, wherein said method further comprises the verification  
2           of the inputted data.

1           18. An article of manufacture useful in stimulating the metabolic consumption of  
2           adipose tissue containing foodstuffs and printed materials disclosing the advantages of high  
3           calcium diets.

1           19. The article of manufacture of claim 18, wherein the printed materials are in the  
2           form of pamphlets.

1           20. The article of manufacture of claim 18, wherein printed material is embossed or  
2           imprinted on the foodstuff and indicates the amounts of calcium contained within the  
3           foodstuff, recommended levels of calcium intake necessary for the metabolically assisted loss  
4           of adipose tissue, recommended BMI values, or recommended heights and weights for  
5           individuals.

1           21. A method for promoting the consumption of a calcium-containing product  
2           wherein said method comprises the public distribution of information describing the obesity-  
3           control benefits of said product which are attributable to the consumption of calcium in said  
4           product.

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M/KW/SP

1        22. The method, according to claim 30, wherein said distribution of said information  
2        is achieved by a method selected from the group consisting of verbal communication,  
3        pamphlet distribution, print media, audio tapes, magnetic media, digital media, audiovisual  
4        media, billboards, advertising, newspapers, magazines, direct mailings, radio, television,  
      electronic mail, braille, electronic media, banner ads, fiber optics, and laser light shows.

1        23. The method, according to claim 30, wherein said information pertains to a class  
2        of products to which said calcium-containing product belongs. *(112, spelling)*

1        24. The method, according to claim 32, wherein said class of products is dairy  
2        products. *(112, spelling)*

1        25. The method, according to claim 30, wherein said product is selected from the  
2        group consisting of milk, cereals, and vegetables. *(112, spelling)*